



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, May 14th - 11:00-11:45 am

Toll-free call in number: 1-800-391-9177
Conference Code: 450 521 2393#
Sign in with full name of all attendees
Press *6 to mute/unmute your line or
Mute your personal line
Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **Recap: Walk at Lunch April 29th Events**
- **Leadership Development**
 - With Special Guest Jack Bastable
- **"Strive for 5" Challenge – June 1 – 26th, 2015 – Worth 5 HQ Credits!**
- **Castlight**
 - With Special Guest Danielle Kruizenga
- **April EAP Webinar**
- **April HQ Seminar**
- **World NO Tobacco Day – May 31st**
 - With Alere Special Guest Melanie Davis

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!


- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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WALK AT LUNCH – APRIL 29, 2015



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How to impact the
culture of your
agency or department
and gain support
from managers and
supervisors



Step 1: Schedule Meetings with Managers

1. Identify the 3-4 people you believe have the most influence on your agency and department.
2. Request a 30 minute meeting with each person explaining that part of your role as a HealthQuest Wellness Champion is to understand more about managers/supervisors perspectives of HealthQuest and wellness in general.



Step 2: Ask these Questions

1. What would you say are the 3 primary objectives for this agency/department?
2. What is your understanding of HealthQuest?
3. What are the 3 things you would suggest that would contribute most to the personal wellness of the people in this agency/department?
4. What are some of the things you like to do for your personal wellness?



READY FOR A NEW CHALLENGE?

"STRIVE FOR 5" KICKS OFF JUNE 1ST

STRIVE-FOR-5
CHALLENGE

June 1 – 26, 2015
Goal: 85 points

Studies show that fruit and vegetables are critical to promoting a healthy body. They lower your risk of chronic diseases like type 2 diabetes, stroke, some types of cancer, and may help control blood pressure. Fruits and vegetables are also low in calories and high in fiber so they can help control your weight. For this challenge, all forms of produce count including fresh, frozen, canned and dried.

Eat well with the Strive for 5 Challenge!

How the Challenge Works:
Earn 1 point for each serving of fruit or vegetables you eat per day (max. 5 points daily). You will receive 5 credits for the HealthQuest Program once you accumulate 85 points.
Last Day to Enter Points: Friday, July 3rd, 2015

Think of 1 serving as:

- 1 cup of fruit or vegetables
- 1/2 cup of dried fruit, or
- 2 cups of leafy greens.

Eat Well and Feel Great!

www.KansasHealthQuest.com

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Castlight Health

State Employee Health Plan

May 2015



Introducing Castlight Health

A health care platform customized for each individual SEHP user

Understand your options for network doctors and medical services in your area.

See estimated prices to understand what you might pay, and the range of prices in your area.

View information on quality and patient experience to understand how your different provider options compare.

Review your past medical spending so you know how much you paid.

Receive recommendations on ways to find high-quality care and be an informed health care consumer.

castlight
HEALTH



The Castlight Health experience

All results are customized based on your plan. Recommendations are customized based on your past care.



castlight
HEALTH

Search for:

- Doctors by name or specialty
- Medical services
MRIs, CT scans, lab work, etc.
- Common conditions and procedures
Diabetes, hypertension, knee replacement, etc.

Compare doctors and medical services based on cost, quality, and patient satisfaction.

See cost estimates before you make an appointment.

Receive recommendations to:

- Find high-quality care
- Save money

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The Castlight Health experience

Home page

Custom to you:

- Snapshot of your current plan status
- Scrolling suggestions based on your visits
- Search for your doctor, prescriptions, a condition, lab service, imaging service, and much more



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The Castlight Health experience

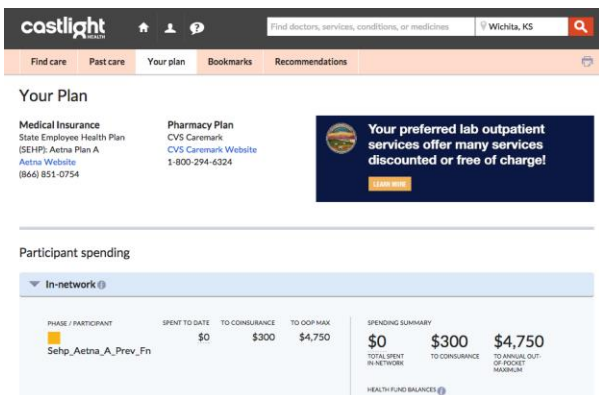
Search result



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The Castlight Health experience

Your Plan page



Custom to you:

- Medical and pharmacy plan
- How much you've spent to date
- How much until your annual out-of-pocket maximum
- See all care covered at 100%
- The mobile app has your digital insurance card!



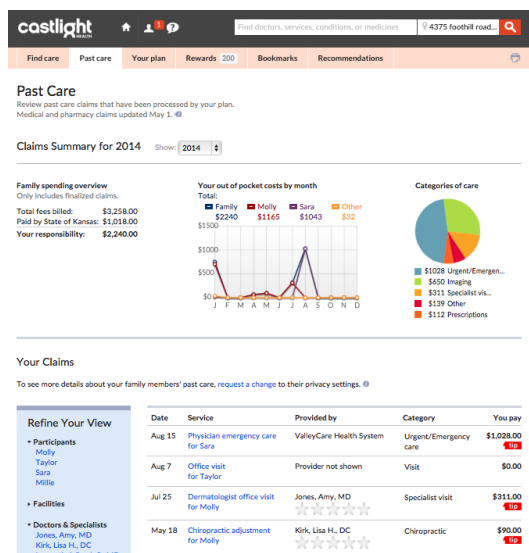
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The Castlight Health experience

Past Care page

Custom to you:

- Click the drop down to see data from previous years
- How much your family spent with a breakdown by member
- Categories of care
- Your claims
 - Date of visit
 - Amount paid
- Receive tips from Castlight



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SEHP wants employees to use Castlight

Save money and find convenient and quality care for you and your family

Employees can earn up to 5 HealthQuest credits with Castlight!

1) Register for Castlight

- Registration earns three credits

2) Take the Castlight health quiz

- Completing the quiz earns two more credits
- Must be registered to complete the quiz

Get started at www.mycastlight.com/SEHP



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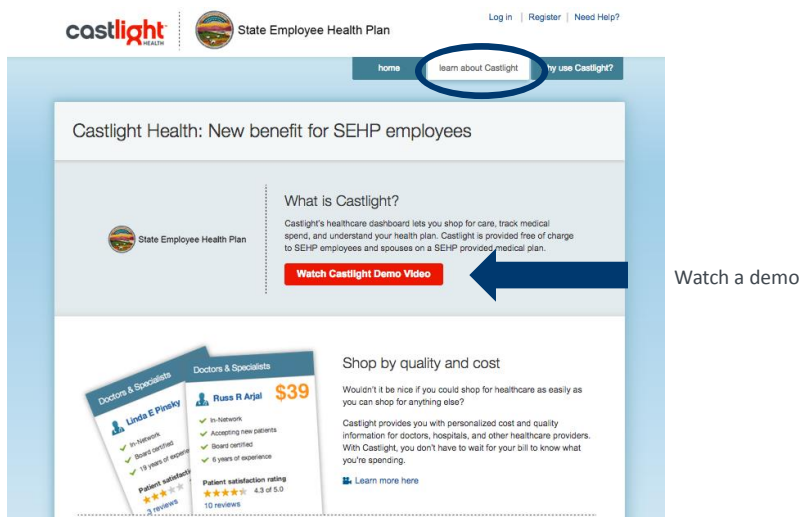
www.mycastlight.com/SEHP

The screenshot shows the Castlight Health website for the State Employee Health Plan (SEHP). The page has a header with the Castlight Health logo, the SEHP logo, and links for 'Log in', 'Register', and 'Need Help?'. Below the header, there are three tabs: 'home', 'learn about Castlight', and 'why use Castlight?'. The main content area is divided into three sections. The first section, 'Take charge of your healthcare', explains that Castlight helps SEHP employees understand their medical plan details and find high-quality care at the best price. It states that registering for Castlight also qualifies for three HealthQuest credits. A large blue arrow points from the 'Register' text to the 'Register now' button. The second section, 'Take the health quiz', explains that taking the SEHP healthcare quiz and watching a Castlight video can earn two additional HealthQuest credits. A large blue arrow points from the 'Take the health quiz' text to the 'Read more' link. The third section, 'Earn 2 more HealthQuest credits!', explains that taking charge of healthcare by following nine great suggestions on how to save money can earn two more credits. A large graphic in the background shows 'Earn 3 HealthQuest Credits' with arrows pointing to the registration and quiz sections.



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www.mycastlight.com/SEHP



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HEALTH

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MAY 2015 EAP WEBINAR
WEDNESDAY, MAY 20TH, 2015,
11:00 A.M.
School's Out:

Getting Everyone Through the Summer

✓ Register at

<https://attendee.gotowebinar.com/register/4724193911328918529>

It is summertime, and school is out! For many people, summer conjures images of lazy, relaxing days at the beach. However, for many working families, summer brings the challenges of balancing the demands of adult work schedules with the desire to provide safe, fun activities for children.

This workshop offers several ideas on summer activities and provides practical suggestions on how to keep your kids safe while you're at work.

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MAY 2015 SEMINAR

AVAILABLE ON THE PORTAL 5/1/15

Current Seminar:



Fitness for Busy People

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Credit

What's the latest advice on fitness? How can you work exercise into your busy schedule? This seminar shares tips on how to make activity a vital part of your healthy lifestyle. Print out this [handout](#) to help you follow along. <[Transcript](#)>

[Learn More](#) ▼



11238 People



[View Seminar](#)

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Quit For Life[®] Program

Quit For Life[®] Program 30th Anniversary
World No Tobacco Day Promotion

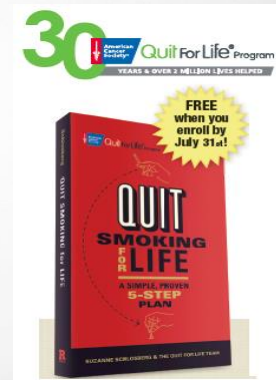
Quit For Life® Program



Quit For Life® Program

World No Tobacco Day is on 5/31/15. Join the movement and enroll today!

The Quit For Life® Program is celebrating 30 years! We are offering members a free copy of our new Quit Smoking For Life book during our anniversary. Enroll between 6/1 and 7/31 to receive your free copy.



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Your Program



Quit For Life® Program

- ✓ Offered to State of Kansas Employees 18+
- ✓ Addresses all tobacco types (cigarettes, chew, snuff, cigars, e-cigarettes)
- ✓ In-depth assessment and personalized quit plans
- ✓ Up to 5 proactive, one-one counseling calls
- ✓ Unlimited access to quit coaches via inbound calls
- ✓ Access to Web Coach
- ✓ Access to SMS based Text2Quit
- ✓ Nicotine Replacement Therapy fulfillment (Patch or Gum)
- ✓ Pharmacotherapy support (Bupropion and Chantix)
- ✓ Re-Enrollment into the program, if necessary

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Thank You for Joining Us Today!!

Next Meeting is Thursday, June 11th, 2015

11:00-11:45 am

Secret Question:

Open Questions / Comments



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